



# What to do in an emergency

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## Be prepared for an earthquake

Thousands of earthquakes occur in Washington state each year. Of these thousands, only 15 - 20 are felt by people. An earthquake that reaches a magnitude of 7.5 or higher represents the most serious risk of a natural disaster that could affect residents of Kitsap County.

Fortunately, newer buildings have been constructed to withstand a magnitude 7.5 quake with minimal damage. The far greater risks of damage, injury or loss of life come from older structures that were built without reinforced masonry. A major quake in the Puget Sound Basin has the potential to disrupt electric services, rupture natural gas lines, and damage roads and bridges. Earthquakes occur without warning and leave no time to evacuate an area, so preparation can mean everything.

### How to prepare for an earthquake

- Have a disaster plan and assemble a disaster supplies kit (include several flashlights, a battery-powered radio, extra batteries and a wind-up clock).
- Identify safe spots and danger zones in each room.
- Know how to shut off all of your utilities.
- Anchor overhead lighting fixtures.
- Place large or heavy objects on lower shelves.

- Consider purchasing earthquake insurance.
- Securely fasten water heaters and gas appliances.
- Ensure your home is firmly anchored in its foundation.
- Anchor overhead lighting fixtures.
- Store breakable items on low shelves or in cabinets that can fasten shut.
- Fasten shelves to walls.

### What to do during an earthquake

- If you are indoors, take cover under sturdy furniture or against an inside wall and hold on. "Drop, Cover and Hold."
- If outdoors, stay there. Move away from buildings, street lights and utility wires.
- If you are near a building with windows, protect yourself from glass and other debris.
- If you are in a vehicle, stop as quickly as time permits and stay in the vehicle. Avoid stopping near or under buildings, trees, overpasses or utility wires.

### After an earthquake

- Prepare for aftershocks.
- If you smell gas or hear a hissing sound, open a window or leave the building. Be sure to shut off the main gas valve outside.
- Wear sturdy shoes to prevent injury.
- Use flashlights if the power is out.
- If water pipes are damaged, shut off the main valve.
- Clean up any spilled medicines, bleaches or flammable liquids.
- Listen to the radio for the latest emergency information.

## Be prepared for a power outage

As we learned from recent events, Kitsap County can be prone to severe winter storms which generally occur between October and February. Because of these recent weather disturbances, it has become a priority to evaluate the greatest risks to our region and prepare ourselves. Severe weather can cause disruptions in utility services, traffic accidents and transportation problems, as well as flooding and landslides. Emergency planning and preparedness are essential to successfully navigating through Washington's heavy winter storms.

### How to prepare for a power outage

- Fill vehicles with gas in case gas stations lose their power.
- Always keep a small amount of extra cash available. ATM machines might not operate or may become quickly exhausted.
- Consider buying a small generator to run electrically powered life-sustaining equipment.
- When installing a generator, follow the manufacturer's instructions and have it inspected by the utility company and state electrical inspector. Always install a generator outdoors, never inside a house where the fumes can cause carbon monoxide poisoning.
- Post the phone number of the "New Construction, Repairs and Power Outage" listing of Puget Power 888-225-5773.
- Learn how to open your electric garage door using the manual override.
- Make sure you have an alternate heat source and fuel supply.

### What to do if you lose power

- Report the outage to Puget Power 888-225-5773.
- If you are the only residence without power, check your fuse box or circuit breaker panel.
- Turn off large appliances before replacing fuses or resetting circuits.
- If power is out in the neighborhood, disconnect all electrical heaters and appliances to reduce the initial demand and protect motors from possible low voltage damage.
- Connect lights and appliances directly to a generator, not to an existing electrical system. Again, take care to avoid generator use indoors.
- If you leave home, turn off or unplug heat producing appliances. Unplug computers and other voltage sensitive equipment to protect them from power surges.
- Conserve water, especially if you are on a well.
- Never use a charcoal barbeque inside the home. If you use candles for light, keep in mind they can cause a fire. It's far better to use battery-operated flashlights or glow sticks for alternative lighting.

## Keep trusted neighbors informed

If you will be out of town on a trip or vacation, inform a friend or neighbor you trust. Provide instructions on how to secure your property in the event of a disaster or attack, and show the neighbor your disaster plan. Tell him/her where you will be staying and how to reach you. Be sure to show the neighbor the information for your emergency contact person in case they are unable to reach you and there is damage to your property.

## How to talk to your kids

Having experienced less than adults, children are likely to react differently in a crisis. Here's how you can help them:

- When doing disaster planning, involve children and give older children an active role. This can help them cope better during a crisis.
- During a disaster, limit your children's exposure to media reports. Younger children especially might think re-run footage represents fresh calamities or attacks.
- Children pick up on adults' fear. As best you can, remain calm.
- When your children ask questions, answer in as straightforward a manner as you can and offer reassurance. At the same time, keep answers simple and brief, and try not to provide more information than your child really needs.

## Important Numbers

For life threatening fire, police or medical emergencies,

### Call 911

National Poison Control: 800-222-1222

LOCAL RED CROSS CHAPTER

AREA SHELTER

VETERINARIAN

SCHOOL(S)

EMPLOYER(S)

This record should include all household members, and everyone should keep a similar copy in their purse or wallet. Share these records with your out-of-area contact person.

## Household Information

NAME PHONE

ADDRESS

CELL PHONE EMAIL

ASSEMBLY PLACE IF YOU CANNOT RETURN HOME

HOME INSURANCE COMPANY POLICY#

AUTO INSURANCE COMPANY LIC#

MEDICAL INSURANCE CARRIER POLICY#

## Family Medical Information

NAME

DOCTOR'S NAME

MEDICATION

PRESCRIPTION #

PHARMACY PHONE

ALLERGIES

NAME

DOCTOR'S NAME

MEDICATION

PRESCRIPTION #

PHARMACY PHONE

ALLERGIES

NAME

DOCTOR'S NAME

MEDICATION

PRESCRIPTION #

PHARMACY PHONE

ALLERGIES

NAME

DOCTOR'S NAME

MEDICATION

PRESCRIPTION #

PHARMACY PHONE

ALLERGIES

## Your Disaster Plan

Use this space to fill in information regarding your household disaster plan. Once you have completed this form, make photocopies and supply one to each member of your family:

In the event of an emergency in our home, we will meet at:

Location Close By Your Home

In the event of an emergency and we are unable to return home, we will meet at:

Location

Address

Phone Number

Our family's emergency contact is:

Name

Address

Daytime Phone Number

Evening Phone Number

Email

The disaster survival kit is located:

Location

Dear Neighbor,

Disasters can happen anywhere and anytime. On any given day, any of us could fall victim to an unfortunate event. If an emergency should occur, this emergency preparedness pamphlet could help you. Given an unforeseen crisis, this pamphlet provides some simple tips that can help you and your family.

Sincerely,

Phil Rockefeller  
Senator  
Phil Rockefeller  
23rd Legislative District



P.S. I urge you to interrupt your busy day for just a few minutes to look it over and to take the time to follow up on a few of the simple tips. A few minutes of your time now could mean the difference between relief and tragedy in the event of an emergency.





## Put together a simple disaster survival kit

In the event of an emergency, fast access to the right supplies will let you react quickly to help yourself and your loved ones. Take the time now to assemble a simple disaster kit and you will be grateful when disaster strikes. You might even want to make more than one kit—one for your home, plus smaller kits for your office or car in case you have to evacuate. The kits should be stored in durable containers that are easy to handle, such as garbage cans, duffel bags, travel bags or plastic storage bins.

Emergency Management officials recommend that you store enough food and water for each family member for approximately one week. Each person should have a gallon of water a day, which can be used for drinking and sanitation. Choose canned goods and items that do not require cooking, and don't forget a basic can opener.

In addition, you might consider a few items to make family members more comfortable such as a few books, games, or a deck of cards, especially if you have small children. Also, don't forget your pets—they need food too. If you are required to evacuate, be aware that many shelters do not accept pets. Plan for shelters not accepting pets by identifying friends or local animal shelters that could house pets during emergencies.

## The best-packed survival kit — a checklist

How much you choose to include is ultimately up to you. The ideal survival kit will contain the following items:

- ✓ Water and food to maintain your family for one week
- ✓ Prescription medications
- ✓ Extra contact lenses or eyeglasses
- ✓ Utensils, plates, cups, and can opener
- ✓ Clothes pack items that will keep you warm in case you must go without heat and will cover your arms and legs in the event of evacuation
- ✓ Rain gear
- ✓ Durable shoes with thick soles
- ✓ Sleeping bags or blankets
- ✓ Cash and/or traveler's checks, including change or a prepaid calling card to use a pay phone
- ✓ Financial plan and documents
- ✓ Personal hygiene items such as toilet paper; toothbrushes and toothpaste; feminine hygiene products; plastic bucket with lid; plastic bags for sanitation; bleach or similar disinfectant; soap; and pre-moistened towelettes
- ✓ Garbage bags
- ✓ Plastic sheeting and duct tape to seal o doors and windows
- ✓ Copies of important documents sealed inside a watertight container inside the kit, such as driver's license, social security card, will, passport, financial information (bank account and credit card numbers), birth certificates, and homeowners insurance policy information
- ✓ Scissors and/or a knife
- ✓ Small fire extinguisher

- ✓ Maps of local area and addresses of nearest shelters
- ✓ Matches in a waterproof container
- ✓ Basic tools such as pliers, flares and wrenches
- ✓ Paper, pens and pencils
- ✓ Flashlights, plus extra batteries
- ✓ Battery-operated standard radio and/or weather radio, plus extra batteries
- ✓ First-aid kit
- ✓ Some cash or traveler's checks, in case ATM machines are not working

## A survival kit for your car

This kit is a smaller version of the one in your home, as it is unlikely you will take refuge in your vehicle for very long:

- ✓ Change of clothes
- ✓ Blankets
- ✓ Maps
- ✓ Tools
- ✓ First-aid kit
- ✓ Copies of identification stored in a waterproof container

## A survival kit for your office

Similar to the kit above, except that you should focus on items such as toiletries, money and copies of personal documents since your place of employment should have the other basics on hand. Be sure to include personal effects such as clothing and medication. Those who wear dress shoes to work should include a pair of thick-soled shoes to wear if the building needs to be evacuated quickly.

## Emergency radio broadcasts

- ✓ All-weather radios Just as a smoke detector warns you of a fire, an all-weather radio warns you of immediate, life-threatening hazards in your area. Weather radios have warning alarms that alert you to fast-breaking notices around the clock. The alarm operates in a muted mode that is activated by local National Weather Service offices when a warning message is transmitted. All radio stations will transmit messages prepared by KIRO or KPLU that will provide the latest updates for any large-scale emergency. Weather radios can be purchased from radio electronics stores and internet outlets for about \$50, are portable and have battery backup in the event of power outages. Some weather radio receivers have attachments for the hearing and sight-impaired.

## Basic first aid

When it comes to dispensing first aid in an emergency, nothing beats having taken courses in first aid and CPR through your local hospital or the nearest Red Cross chapter. In lieu of that, however, here are some basic first-aid tips:

- ✓ Stay calm and tend to any injuries of your own before helping someone else.
- ✓ Before assisting someone else in need, check the surrounding area for any signs that you might be putting yourself in danger.
- ✓ If you think someone has life-threatening injuries, your first priority should be to call for help.
- ✓ Use rubber gloves when assisting someone injured to avoid contact with blood or other body fluids. Wash your hands with anti-bacterial soap every time you administer any form of first aid.

Here are some tips for specific types of injuries:

- ✓ **Bleeding** Apply firm pressure to a wound to slow blood loss. Clean the area with antiseptic and cover it with a sterile dressing. If the bleeding does not appear to be slowing, raise the wound above the level of the victim's heart, if possible. If the bleeding seems to be under control, cover the dressing with an elastic bandage to keep it secure. Check the wound frequently to make sure there is no further blood loss. Check the victim periodically for signs of shock.
- ✓ **Broken bones** If you think someone might have a fractured or broken bone, immobilize that part of the body to relieve pain and reduce the risk of worsening the injury. After the break or fracture is secure, direct the victim to stay still and apply ice to prevent swelling and minimize pain.
- ✓ **Burns** Douse burned skin with water until the burning sensation stops. Cover the burn with a gauze pad or wrap, securing it with medical tape or cloth. Change the dressing as needed to keep the site clean and prevent infection.
- ✓ **Shock** Elevate the victim's legs 12 inches off the ground. Avoid changes in the victim's body temperature that might worsen the shock. Avoid giving food or water.

## For more information

Use these Websites to learn more about how you can prepare for any type of disaster.

[www.emd.wa.gov](http://www.emd.wa.gov) or 800-562-6108

Washington Military Dept. Emergency Management Division is Washington's official Homeland Security Agency providing information about planning, mitigation, preparedness, and disaster alerts.

[www.ready.gov](http://www.ready.gov)

U.S. Dept. of Homeland Security  
Ready Campaign provides emergency  
preparedness guidance lists and explains  
specific threats and response. It is also  
available in Spanish at: [www.Listo.gov](http://www.Listo.gov).

[www.citizencorps.gov](http://www.citizencorps.gov)

Citizen Corps helps local communities prepare, respond and recover from disaster through public education, training and volunteer opportunities. Washington State coordinator, 360-725-5290.

[www.fema.gov](http://www.fema.gov)

Federal Emergency Management Agency is tasked with disaster mitigation, preparedness, response and recovery planning.

[www.ecy.wa.gov](http://www.ecy.wa.gov)

Washington Dept. of Ecology is the principal environmental, management agency for environmental hazards and pollution control.

## Additional Notes

Although this list attempts to cover the basics, it is by no means comprehensive.

[www.wsdot.wa.gov/traffic](http://www.wsdot.wa.gov/traffic)

Washington State Dept. of Transportation provides weather reports and forecasts, road conditions and travel advisories.

[www.stormready.noaa.gov/howto.htm](http://www.stormready.noaa.gov/howto.htm)

Contact the National Oceanic and Atmospheric Administration for severe weather preparedness information for families and communities.

[www.redcross.org](http://www.redcross.org)

The American Red Cross recommends six steps to plan before a disaster strikes.

[www.aap.org/healthtopics/emergencycare.cfm](http://www.aap.org/healthtopics/emergencycare.cfm)

Contact the American Academy of Pediatrics for information about caring for children before and after a disaster.

